



Smart Chicken and Dal

with Frizzled Shallots

Calorie Smart

Carb Smart

40 Minutes



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Chicken Breasts



Dal Spice Blend



Red Lentils



Tikka Sauce



Shallot



Baby Spinach



Cilantro



Chicken Stock
Powder



Ginger-Garlic Puree



Carrot

HELLO DAL SPICE BLEND

A golden blend of aromatic and zesty spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts*	2	4
Dal Spice Blend	1 tbsp	2 tbsp
Red Lentils	½ cup	1 cup
Tikka Sauce	¼ cup	½ cup
Shallot	50 g	100 g
Baby Spinach	56 g	113 g
Cilantro	7 g	7 g
Chicken Stock Powder	1 tbsp	2 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Carrot	170 g	340 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1



Make frizzled shallots

- Heat a large non-stick pan over medium heat.
- While the pan heats, peel, then halve **shallot** lengthwise. Cut crosswise into 1/8-inch half-moons.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **shallots**. Cook, stirring occasionally, until **shallots** are golden-brown and **smaller pieces** start to crisp, 5-8 min. (**NOTE:** Keep your eye on shallots so they don't burn! If smaller pieces are at risk of burning, reduce heat to medium-low. Shallots will crisp up a little more while cooling.)

4



Start dal

- Return the same pan to medium.
- When hot, add 1/2 **tbsp** (1 tbsp) **butter**, then **carrots**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **ginger-garlic puree**, **half the tikka sauce** (use all for 4 ppl) and **remaining Dal Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **stock powder** and **lentils** with **soaking water**. Cover, then bring to a boil over high, stirring occasionally.

2



Prep and finish frizzled shallots

- Remove the pan from heat. Transfer **shallots** to a paper towel-lined plate, reserving any **oil** in the pan.
- Sprinkle a **pinch of salt** over **shallots**.
- While **shallots** frizzle, add **lentils** and **1 3/4 cups** (3 cups) **warm water** to a medium bowl. Set aside to soak.
- Peel, then quarter **carrot** lengthwise. Cut into 1/4-inch quarter-moons.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.

5



Finish dal

- Once boiling, reduce heat to medium. Cook, still covered, stirring occasionally, until **lentils** are soft and creamy and **carrots** are tender, 14-16 min. (**TIP:** If dal reduces too quickly, add more water, 1/4 cup at a time.)
- Add **spinach** and **half the cilantro**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.

3



Cook chicken

- Pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **half the Dal Spice Blend**.
- When **shallots** are done, return the same pan with **reserved shallot oil** to medium.
- Add 1/2 **tbsp** (1 tbsp) **butter**, then swirl the pan until melted.
- Add **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 10-12 min. **

6



Finish and serve

- Thinly slice **chicken**.
- Divide **dal** between plates. Top with **chicken**.
- Sprinkle **frizzled shallots** and **remaining cilantro** over top.

Dinner Solved!